

Ethos Vegetarian Menu-March 2022



A suggested donation of \$2.00 is requested for each meal.
 Calories and sodium for the total meal, including milk and margarine are listed at the bottom of each day.
 Milligrams of sodium (NA+) are listed next to each item. Any item with more than 500mg is considered a higher sodium item and is identified with an (*) asterisk.
 Milk= 125mg sodium Margarine= 30 mg sodium
 All nutrition information was provided by City Fresh Foods.
To cancel a meal please call (617) 477-6606 by 9am the previous day.
Menu subject to change.

All HDM Drivers will be required to see someone at delivery, and will be required to ask about clients at least twice week. No Home Delivered Meal will be left without seeing someone at delivery.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetarian Carbonara w/ Parmesan & Mozzarella Whole Grain Pasta Broccoli Wheat Roll Fruit NA+ 250 0 6 135 0 Cal:705 CHO:90g Na:546mg	2 Sweet Corn Fritter w/ Herb Aioli Roasted Potatoes California Blend Vegetables Wheat Bread Fruit NA+ 363 115 36 135 0 Cal:821 CHO:77g Na:804mg	3 Swedish Meatballs (Vegetarian) Egg Noodles Vegetable Medley Wheat Roll Fruit NA+ 460 5 18 135 0 Cal:720 CHO:97g Na:773mg	4 Whole Grain Cheese Ravioli w/ Sage Cream Sauce Brussel Sprouts Wheat Roll Peach Crisp NA+ 360 212 23 135 72 Cal:932 CHO:103g Na:957mg
7 Honey Garlic Tofu Whole Grain Noodles Tuscan Blend Vegetables Wheat Roll Chocolate Pudding NA+ 100 0 31 135 135 Cal:692 CHO:87g Na:556mg	8 Veggie Sausage w/ Brown Gravy* Red Skin Mashed Potatoes Green Beans Whole Grain Cornbread Fruit NA+ 587 267 6 90 0 Cal:678 CHO:73g Na:1105mg	9 Orange Chik'n Cutlet White Rice Vegetable Medley Snack Loaf Fruit NA+ 401 25 18 90 0 Cal:778 CHO:115g Na:689mg	10 Veggie Burger Baked Beans Mixed Vegetables Whole Wheat Bun Fruit Ketchup NA+ 272 140 17 230 0 85 Cal:682 CHO:109g Na:899mg	11 White Beans in Sundried Tomato Cream Sauce* Roasted Potatoes Broccoli Wheat Bread Shortbread Cookie NA+ 509 115 6 135 150 Cal:715 CHO:98g Na:1070mg



SENIOR NUTRITION PROGRAM
 CELEBRATE • INNOVATE • EDUCATE

Celebrate the 50th Anniversary of the Nutrition Program!

Since 1972, the National Senior Nutrition Program has supported nutrition services for older adults across the country. Funded by the Older Americans Act, local senior nutrition programs serve as hubs for older adults to access nutritious meals and other vital services that strengthen social connections and promote health and wellbeing. If you/someone you know is interested in Nutrition or other senior services, please contact Ethos at 617-477-6606.

Please notify Ethos of any life threatening food allergies @ 617-477-6606

Ethos Vegetarian Menu-March 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
14	NA+	15	NA+	16	NA+	17	NA+	18	NA+
Garbanzo Bean Chili	315	Vegetarian Chop Suey w/ Cheese	525	Veggie Fritters	212	<u>Happy St. Patrick's Day</u> Braised Veggie Sausage w/ Cabbage*	578	Creamy Cajun Beans	402
Whole Grain Cornbread	90	Elbow Macaroni*	0	Sweet Rice	25	Boiled Potatoes	105	Cheesy Grits	116
Tuscan Blend Vegetables	31	Green Beans w/ Peppers	6	Green Peas	6	Carrots	30	Mixed Vegetables	17
Vanilla Pudding	130	Wheat Roll	135	Snack Loaf	90	Whole Grain Cornbread	90	Wheat Roll	135
		Cinnamon Peaches	10	Fruit	0	Chocolate Chip Cookie	70	Fruit	0
Cal:690 CHO:92g Na:721mg		Cal:688 CHO:86g Na:831mg		Cal:798 CHO:123g Na:488mg		Cal:750 CHO:82g Na:1028mg		Cal:772 CHO:87g Na:825mg	
21	NA+	22	NA+	23	NA+	24	NA+	25	NA+
Tofu & Artichoke Picatta	327	Chik' Cutlet w/ Gravy	351	Three Bean Chili w/ Cheddar Cheese	448	Whole Grain Spaghetti w/ Lentil Bolognese	280	Falafel Bites*	680
Whole Grain Pasta	0	Mashed Potatoes	113	w/ Whole Grain Biscuit	410	Green Beans w/ Peppers	6	Sweet Potato Wedges	200
Broccoli	6	California Blend Vegetables	36	Vegetable Medley	18	Whole Grain Garlic Toast	120	Mixed Vegetables	17
Wheat Roll	135	Wheat Roll	135	Cinnamon Pears	10	Shortbread Cookie	150	Wheat Roll	135
Chocolate Pudding	135	Fruit	0					Fruit	0
Cal:708 CHO:83g Na:758mg		Cal:677 CHO:97g Na:790mg		Cal:680 CHO:100g Na:1041mg		Cal:682 CHO:102g Na:711mg		Cal:718 CHO:102g Na:1187mg	
28	NA+	29	NA+	30	NA+	31	NA+		
Caprese Chik'n Cutlet*	518	Roasted Veggie Sausage w/ Gravy*	588	BBQ Tofu*	532	Roasted Chickpeas w/ Gravy	312		
Polenta	36	White Rice	25	Au Gratin Potatoes	226	Mashed Potatoes	113		
Vegetable Medley	18	Carrots	30	Green Beans w/ Peppers	6	Mixed Vegetables	17		
Wheat Roll	135	Whole Grain Cornbread	90	Wheat Roll	135	Whole Grain Cornbread	90		
Vanilla Pudding	130	Fruit	0	Oatmeal Cookie	105	Fruit	0		
Cal:858 CHO:107g Na:992mg		Cal:816 CHO:107g Na:888mg		Cal:684 CHO:84g Na:1159mg		Cal:695 CHO:102g Na:687mg			

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is encouraged to learn about making informed food choices and developing healthful eating and physical activity habits. Some healthy lifestyle tips are:



- Eat breakfast
- Make half you plate fruits and vegetables
- Create healthy snacks
- Make an effort to reduce food waste
- Slow down at meal time
- Get cooking at home

- Reduce added sugar intake
- Explore new foods and flavors
- Watch portion sizes
- Be active
- Get to know the food label
- Follow food safety guidelines

- Consult a Registered Dietitian
- Experiment with plant based meals
- Use less salt
- Make an effort to reduce food waste
- Drink more water
- Eat more seafood

- Create meal times
- Add in fiber
- Supplement with caution - always speak with a healthcare provider first

Please notify Ethos of any life threatening food allergies @ 617-477-6606